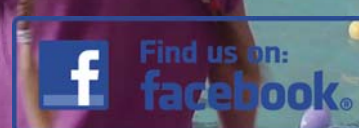


RECREATION TIMES

Cody Parks, Recreation & Public Facilities
JANUARY - MAY 2018



307 / 587-0400

www.cityofcody-wy.gov

A Look Inside

The Paul Stock Aquatic & Recreation Center offers a great number of programs & activities to keep you & your family fit & having fun. The following pages are FULL of programs for all ages & abilities this winter & spring. Additional offerings may be available during this time that are not listed in this guide. Watch for fliers & additional details at the Front Desk, on our **Facebook page** (www.facebook.com/codyreccenter) or on the **City of Cody website** (www.cityofcody-wy.gov).

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PROGRAM REGISTRATION

OPENS DECEMBER 14 AT 5:30 A

Registration materials also available on the City's website at www.cityofcody-wy.gov
In-person registrations have priority on this date & any mailed, e-mailed or faxed registrations will be processed after all walk-in registrations are complete based on class space availability.

Program fees listed in this brochure cover the entire activity period except programs involving additional sessions & are subject to change. Classes are limited & fill on a first-come basis. Patrons are encouraged to register early. Registration for all programs & classes for minors must be made by a parent or legal guardian.

To save time at registration, please use the registration forms available online on the Parks & Recreation pages. For assistance, contact staff at 307-587-0400.

PAUL STOCK AQUATIC & RECREATION CENTER DAILY & MEMBERSHIP PRICING

Member
Info



***NOTE: PRICES ARE SUBJECT TO CHANGE!**

RECREATION CENTER PASS TYPE*	DAILY FEE LOCKERS & TOWELS NOT INCLUDED	10 PACK GUEST PASSES LOCKERS & TOWELS NOT INCLUDED	ANNUAL MEMBERSHIP
4 Years Old & Younger	FREE	FREE	FREE
5 to 15 Years Old	\$4.50	\$31.50	\$156
Full Time Student, 16+ Years Old**	\$5.50	\$42	\$219
Adult, 18+ Years Old	\$8.50	\$68	\$315
Golden Individual, 65+ Yrs	Daily Fees Apply	\$68	\$282 (10% discount)
Golden Couple, 65+ Yrs	Daily Fees Apply	\$68/10 Individual Passes	\$450 (10% discount)
Active Military	\$4.50	\$42	\$315
Non-Resident Youth or Student	\$7	\$31.50 or \$42	\$156 or \$219
Non-Resident Adult	\$13	\$68	\$315
Additional Adult/Senior	Daily Fees Apply	\$68	\$189/\$168
Additional Youth or Student	Daily Fees Apply	\$31.50/\$42	\$63 Each Youth 5 Yrs+; \$30 5th Child+
Corporate Individual#	N/A	N/A	\$255
Corporate Family#	N/A	N/A	\$507

Monthly & 6 Month Memberships Available - Call the Rec Center for details!

SPECIAL RATES: \$2.50 Facility Entry for Last 2 Hours of the Day & \$5.50/Day Shower Fee (Lockers & towels not included!)

***PRICES ARE SUBJECT TO CHANGE**

A family is defined as any immediate family member residing within the same household. Additionally, any child living in the household that is being claimed according to IRS guidelines may be included in a family membership.

****College students must show current class schedule & be enrolled full time.**

#Corporate membership plans are available to qualifying organizations interested in purchasing memberships for any of their employees & families. Employees of a corporation, their spouse & dependent children are eligible for a family rate. Any employee alone is eligible for an individual rate.

HAVE YOU CONSIDERED THE BENEFITS OF A MEMBERSHIP?

Rec Center members receive

- Free locker during each visit
- Discounts on adult fitness or aquatic exercise classes

**MEMBERSHIPS & DAILY PASSES MAKE
GREAT GIFTS, TOO!**

**PURCHASE BUNDLES OF GUEST PASSES
& SAVE \$\$\$\$**

10 Adult & Golden Adult Passes \$68

10 Student or Military Passes \$42

10 Youth Passes \$31.50

The Rec Center maintains contact information for various **COMMUNITY SPECIAL ACTIVITY GROUPS**. See Page 25 for info or call 307-587-0400.

Get **ALL** the latest Recreation Center news on the City of Cody website! Sign up for our **CODY REC CONNECT** e-newsletter & other news flashes at www.cityofcody-wy.gov

Electronic Funds Transfer (EFT) monthly payments are available for annual Rec Center memberships (excluding Corporates)! For additional details, call 307-587-0400 or e-mail cindyv@cityofcody.com



PARKS, RECREATION & PUBLIC FACILITIES

Mission Statement: The City of Cody Parks, Recreation & Public Facilities Department will provide attractive parks, facilities & innovative recreational opportunities to enhance the quality of life for everyone.



DAILY LOCKER RENTALS

SMALL LOCKERS

\$.50 (free for members)

MEDIUM LOCKERS

\$.75 (free for members)

LARGE LOCKERS

6 months \$90; 3 months \$45

\$10 CHARGE TO REPLACE LOST KEYS.

The Rec Center is not responsible for any lost or stolen items. Please secure all belongings while using the facility!

DID YOU KNOW?

The Rec Center rents out tables, chairs & bleachers for special events, both on and off-site.

DISABILITIES: The City of Cody Parks, Recreation & Public Facilities Department complies with the Americans with Disabilities Act. Anyone within the community needing reasonable accommodations to participate in activities is encouraged to call 307-587-0400.

MEDICAL INSURANCE: The City of Cody does not provide medical insurance to cover participants during activities. This is the responsibility of each individual involved in any program or activity.

PERSONAL CONDUCT: Personal conduct within City of Cody facilities must be such that the safety & enjoyment of others is not jeopardized. Patrons to the Recreation Center who disregard rules or vandalize the facility may be evicted & possibly prosecuted. The Department will not tolerate any behavior &/or conduct that is considered disruptive or destructive. Behavioral problems may result in expulsion from the program or facility without reimbursement. For details on Department rules & regulations, please contact staff & request a copy of the "Rules of the Game".

PHOTO POLICY: The City of Cody reserves the right to take & use photographs of individuals using the Cody Recreation Center &/or participating in programs sponsored by the City of Cody. Such photographs are the property of the City of Cody & may be used in brochures, advertisements & other promotional materials. To opt out, please contact staff at 307-587-0400.

Become a fan of the Recreation Center by clicking "Like" on our page & receive up-to-date information on all our latest aquatic, athletic, fitness & recreation programs. Go to www.facebook.com/codyreccenter to become a fan today!



FORGET SOMETHING?

We have many items for sale including swim goggles & caps, swim diapers, racquetball equipment & more! Inquire at the Front Desk.

TOWEL RENTALS \$1

ACTIVITY RESCHEDULING & CANCELLATIONS

Due to facility scheduling by other groups, weather conditions & maintenance, it is sometimes necessary to reschedule & relocate activities. Cancellation decisions will be made as soon as possible before class or activity time & posted on Facebook or with local media. Class participants, coaches & team captains also will be notified by recreation staff as appropriate.

PARKS & PUBLIC FACILITIES

The City of Cody proudly offers a variety of park amenities & public facility rental opportunities for groups of almost any size, providing flexibility for a variety of special functions. Rental equipment includes tables, chairs, projectors, bleachers, & pipe & drape. Horseshoes, volleyball systems & various other recreation equipment also available. For details on checkout & reservation information, please contact Jessica Reesy at 307-587-0400.

Facilities
Info



FACILITY RENTALS

CODY AUDITORIUM: \$375 per event; \$100 per extra consecutive day.

CODY CLUBROOM: \$100 per event; \$50 per extra consecutive day.

CLUBROOM KITCHEN: \$100 per event; \$50 per extra consecutive day.

*Event defined as 1/2 day set up, event day, 1/2 day tear down.
rates apply to commercial & non-commercial events.*

EQUIPMENT RENTALS

TABLES:

3' x 6', \$3.50 each

3' x 8', On-site only, \$3.50 each

Round Tables, 5', On-site only, \$3.50 each

CHAIRS:

\$5.50/dozen

Additional Equipment available.

*50% discount on tables & chairs for groups that set and remove
all chairs and tables.*



The Cody Auditorium, Clubroom & Kitchen are located at 1240 Beck Avenue & can be rented for a wide variety of special events, from banquets & weddings to auctions and more.

PARK RESERVATIONS

Park reservations are approved on a first-come, first-serve basis for \$25 per reservation. Alcohol permits are available, with approval, for an additional \$50 fee.

Some picnic shelters & special features require additional approval and/or fees. Call 587-0400 for more information.

TRAIL SYSTEMS

Beck Lake Park - 2401 14th Street

Beck Lake Park includes over 2 miles of paved trails, encircling two large reservoirs with spectacular views of Cody & beyond. The park also features a developed Braille Trail (.3 miles), picnic shelters, handicapped accessible fishing piers, floating dock, amphitheater & restrooms. The Beck Lake Park area is also home to the Mountain Bike Trail system & Bike Park.

Shoshone Riverway Trail - 1113 Riverview Drive

A 1.3 mile trail follows the scenic Shoshone River & is accessible from two locations in the community. The recycled asphalt base allows for walking, jogging & biking. A restroom is located at the west trailhead.

Paul Stock Nature Trail - 801 Spruce Drive

The 1.3 mile gravel trail features interpretive markers, park benches & a restroom.

BECK LAKE

MOUNTAIN BIKE PARK & TRAILS

The Beck Lake Bike Park and Trail System includes over 10 miles of skill building trails, jumpines, pumptrack & drop zone! The project is a joint effort between Park County Pedalers, City of Cody, Bureau of Land Management (BLM), Shoshone Recreation District and the State of Wyoming Recreational Trails Program. This exciting trail system is accessed via Beck Lake Park, 2401 14th Street.

For more information, including maps, see
www.parkcountypedalers.org.



	Amphitheater/Bandshell	Outdoor Basketball	BBQ Grill	Dog Park	Drinking Fountain	Electrical	Fishing	Open Green Space	Horseshoe Pits	Pathway/Trail	Picnic Tables	Picnic Shelter	Play Equipment	Restroom	Skate Park	Tennis Court	Volleyball	Additional Amenities
Beck Lake Park 2401 14th Street			X	X			X			X	X	X		X				X
Canal Park 1444 Alger Avenue	X					X		X		X								
Circle Drive Park 16th Street								X										
City Park 908 Sheridan Avenue	X		X		X	X		X			X	X	X	X				
Dacken Park Kerper N & S and 22nd St		X	X					X			X	X	X	X				
Don Little Park 426 River View		X	X					X			X	X	X					
Donny Anderson Mini Golf Course 902 Sheridan Avenue														X				
Dorse Miller Park 2500 Carter Avenue		X	X					X			X	X	X	X		X		
East Sheridan Softball Complex 3708 Sheridan Avenue					X	X							X	X				
Glendale Park 1906 14th Street		X	X		X			X			X	X	X	X		X		
Horseshoe Park 1302 Horseshoe Drive											X		X					
Hugh Smith Park 131 19th Street			X		X	X		X	X		X	X	X	X			X	X
Mentock Park 901 Blackburn Avenue			X		X	X		X	X		X	X	X	X	X			X
Nielson Park 17th & 18th Streets		X						X					X				X	
Paul Stock Nature Trail 801 Spruce Drive							X			X				X				
River View Park 901 Riverview Drive		X						X			X	X						X
Shoshone Riverway Trail Access 1113 Riverview Drive		X					X			X	X	X		X				
State of Wyoming Veterans Memorial Park 2519 26th Street														X				
Ted Ebert Park 2908 Bass Avenue								X			X	X	X					
Valley View Park Wallace & Rio Vista		X	X					X			X	X	X					

* There are additional parks & City maintained spaces not included in this chart. For more information on these as well as additional amenities, contact Parks Supervisor, Eric Asay, [easay@cityofcody.com](mailto: easay@cityofcody.com).

AQUATIC & RECREATION CENTER FEATURES

- Gymnasium with 3 Full Length Courts
 - Cardiovascular & Weight Training Exercise Equipment
 - Free Weight Room
- Suspended Walking & Jogging Track
 - 2 Racquetball Courts
 - Multipurpose Space
- 8 Lane x 25 Yard Lap Pool with Diving Board
- 3,500 Square Foot Leisure Pool - Depth 0 to 3½ Feet
 - Toddler Fish Slide, Finnius
- 170 Foot Long Water Slide (for everyone taller than 3'6") & Water Activity Equipment (Features typically turn on at 4 P weekdays, 2 P Fridays, Noon on weekends & 1 P on no school days provided staff is available)
- Aqua Climbing Wall (Available for anyone who can pass a swim test)
 - Therapy Pool with ADA lift
 - Under water exercise bike
- Jacuzzi Spa (for patrons 13 years & older)
- Wet Steam Room (for patrons 18 years & older)

Recreation & Aquatics Info



WATER TEMPS

Lap Pool: 81-83 degrees
 Leisure Pool: 87-89 degrees
 Therapy Pool: 92-94 degrees
 Hot Tub: 102-104 degrees
 Wet Steam Room: 115 degrees

SWIM MEETS & PRACTICES

Pool hours will be modified to accommodate swim meets. Limited lap swimming will be available for patrons during swim practices.

CHS BOYS

Monday, November 27 First Practice
 Friday, January 5 vs. Douglas & Worland, 4 P
 Friday, January 19 vs. Powell & Worland, 5 P
 Practices M - TH, 4 - 6 P & F, 2:30 - 4 P

CODY KOUNTRY AQUATIC TEAM (CKATS)

Saturday & Sunday,
 January 27 & 28 Polar Bear Splash, TBA
 Practices M/T/TH, 6 - 8 P

CODY MIDDLE SCHOOL

Monday, February 12 First Practice
 Tuesday, February 20 vs. Worland
 Saturday, March 3 Cody Invitational

SPECIAL OLYMPICS

Friday, April 27 1 P

PAUL STOCK AQUATIC CENTER INFORMATION

An adult (18 years or older) is required to be directly in the water with children younger than 8 years old OR shorter than 3'6" tall unless they are capable of passing a swim test with a lifeguard. One adult may accompany up to four children in the water. This policy makes the Aquatic Center a safer place for everyone.

Family members who are not big water fans are welcome to enjoy the fun from the pool deck in shorts & a T-shirt.

Children in diapers are allowed in the pool as long as they wear swim diapers or snug fitting rubber pants over the diaper underneath a bathing suit. Swim diapers are available to purchase at the Front Desk for \$2 each.

Pools may be closed for swim lessons, meets & routine maintenance. Call ahead for availability!

PRIVATE & SEMI-PRIVATE SWIM LESSONS

Learn new skills or refine current ones with low instructor-to-student ratios. These lessons are offered Monday through Thursday, January through May for both youth and adults, & are dependent upon instructor availability. Contact Aquatic staff at 307-527-DIVE for more info.





PRESCHOOL & TODDLER PROGRAMS * 6 months to 6 years

TODDLER AQUATIC, ATHLETIC & RECREATION PROGRAMS

Class Name	Age	Day	Session Start - End	No Class	Time Start - End	Location	Cost	Code
Kiddie Cardio (min 3/max 10)	2 - 5 yrs	Tues/ Thurs	Jan 4 - 30 Feb 1 - 27 Mar 1 - 29 April 3 - 26 May 1 - 22	---	10 - 11 A	Red Gym	\$30; \$7 Drop In	110124- 1 thru 5
Little Ballers (min 4/max 8)	3 - 4 yrs	Wed	Feb 7 - 28	---	1 - 1:30 P	Red Gym	\$20	110131-1
Little Kickers (min 8/max 12)	3 - 4 yrs	Wed	Jan 3 - Jan 24	---	1 - 1:30 P	Red Gym	\$20	110103-1
Parent Tot 1 (min 3/max 10)	6 mths- 1.5 yrs	M/T/TH	Feb 5 - 15	---	5 - 5:30 P	Leisure Pool	\$25	101107-2
Parent Tot 2 (min 3/max 10)	1.5- 3 yrs	M/T/TH	Feb 5 - 15		5:30 - 6 P	Leisure Pool	\$25	101108-2
Private Swim Lessons	All Ages	Mon - Thurs	January - May	---	Varies	Pools	Varies	501001 - 1 thru 5
Tiny Tots Kinder Prep (min 5/max 12)	4-6 yrs (by Sept 15, 2017)	Mon - Thurs	Jan 3 - 31 Feb 1 - 28 Mar 1 - 29 April 9 - 30 May 1 - 17	Jan 15 Feb 19 Feb 20 April 2-5	12 - 3 P	Tiny Tots Classroom	\$150/ month	110120- 1 thru 5
Tiny Tots Kinder Prep (min 5/max 12)	4-6 yrs (by Sept 15, 2017)	M/W/TH	Jan 3 - 31 Feb 1 - 28 Mar 1 - 29 April 9 - 30 May 2 - 17	Jan 15 Feb 19 April 2-5	8:15 - 11:15 A	Tiny Tots Classroom	\$115/ month	110101- 1 thru 5
Tiny Tots Preschool (min 5/max 10)	3-4 yrs (by Sept 15, 2017)	Tues/Fri	Jan 5 - 30 Feb 2 - 27 Mar 2 - 27 April 10- 27 May 1 - 15	Feb 20 April 3 & 6	8:30 - 10:30 A	Tiny Tots Classroom	\$70/ month	110100- 1 thru 5
Toddler Time	6 & Under	M - F	Jan 2 - May 23	Mar 30 - April 6	5:30 A - 12 P	Leisure Pool	FREE	---
Turtle Tales (min 3/max 8)	2-5 yrs	T & TH	March 20 - 29 April 17 - 26	---	8:30 - 9:30 A	Wet Classroom & Pool	\$30/\$9 Drop in	101116-3 101116-4
Water Tots (min 3/max 8)	2-5 yrs	M - TH	Feb 5 - 15 April 16 - 26	---	9 - 9:30 A 5:30 - 6 P	Leisure Pool	\$30	101119-2 101119-4



Space is limited in many of these activities so please register your child early! For more details, visit our website at www.cityofcody-wy.gov or call 307-587-0400. Check our Facebook page (www.facebook.com/codyreccenter) for last-minute class updates & changes.

**Preschool
Programs**
• Infant to 6



PRESCHOOL CLASS DESCRIPTIONS

- **KIDDIE CARDIO** - Let your toddlers bounce off our walls while you get a workout! Children play with fun equipment & learn new games.
- **LITTLE BALLERS** - Tots learn basic basketball skills, including dribbling, passing and shooting.
- **LITTLE KICKERS** - Kick up your heels & learn basic soccer skills and a love for the game.
- **PARENT TOT 1** - Parents learn to safely work with their child in the water. **ONLY** one child per adult.
- **PARENT TOT 2** - Participants improve on activities from Parent Tot 1 & learn more advanced skills. **ONLY** one child per adult.
- **PRIVATE & SEMI-PRIVATE SWIM LESSONS** - Swimmers 3 & up can learn more skills or refine current ones with low student-to-instructor ratios in either private or semi-private classes.
- **TODDLER TIME** - Little swimmers & an adult are invited to splash & play weekday mornings. Toys available until noon.
- **TURTLE TALES** - A fun class where kids enjoy a story, arts/crafts & learn beginning swim skills.
- **WATER TOTS** - Offers a first-time swimming experience for young ones **WITHOUT** a parent. Children must be able to separate from a parent.

Tiny Tots Preschool & Kindergarten Prep

We offer two age-specific preschool programs to prepare little learners for Kindergarten. Both are academic yet play-based & follow the school schedule September through May.

First session payment & \$20 materials fee per child are **NON-REFUNDABLE** class deposits. Children must have met minimum age requirement by September 15, 2017. Vaccination records or waivers & proof of child's age are required before attending class.

SEE PG 8 FOR SESSION DATES & TIMES

Preschool Learn-to-Swim Lessons *American Red Cross*

Swim Level	Ages	Days	Session Start - End	Time Start - End	Location	Cost	Code
Preschool LTS Level 1 (min 3/max 6)	4 to 5	Tues & Thurs	January 2 - February 1	5:30 - 6 P 6 - 6:30 P	Leisure Pool	\$35	101111-1 101111-2
			Feb 27 - March 29	5:30 - 6 P 6 - 6:30 P			101121-1 101121-2
Preschool LTS Level 2 (min 3/max 6)	4 to 5	Tues & Thurs	January 2 - February 1	5:30 - 6 P 6 - 6:30 P	Leisure Pool	\$35	101112-1 101112-2
			Feb 27 - March 29	5:30 - 6 P 6 - 6:30 P			101122-1 101122-2
Preschool LTS Level 3 (min 3/max 6)	4 to 5	Tues & Thurs	January 2 - February 1	5:30 - 6 P 6 - 6:30 P	Leisure Pool	\$35	101113-1 101113-2
			Feb 27 - March 29	5:30 - 6 P 6 - 6:30 P			101123-1 101123-2

Please note that charter discounts do not apply to American Red Cross swim or safety classes

ASAP & Kidz on the Move



AFTER SCHOOL ACTIVITIES PROGRAM

ASAP offers innovative programming for school age youth. Staff is dedicated to fostering positive relationships in a safe, friendly & active community of youth & adults. ASAP puts the FUN back in after school while focusing on learning, retention & involvement.

WHO: Kindergarten to 6th Graders

WHAT: Wactivities, HomeFUN tutoring, swimming (Wed & Fri) & other fun outings!

WHEN: School dismissal until 6 P. ASAP is NOT open on school or City holidays. See School's Out, Stay Safe activities.

WHERE: Tiny Tots room in the Rec Center.

COST: Prepay with punch cards; \$8/day or \$150 for 20 days. Snacks & supplies provided.

TRANSPORTATION: From Livingston #5 bus (Lizard) & from Sunset/Eastside bus #31 (Squirrel).

REGISTRATION: Packets required for children prior to attending ASAP.

ATTENDANCE: Calendars are recommended for best planning. Call/text 307-250-8362 with schedule changes.

The foundation of ASAP is the Home Court Advantage: SAFETY is our #1 priority, we strive for everyone to feel a sense of BELONGING & VALUE & we ask everyone to have COURAGE to try new things.

KIDZ ON THE MOVE DAY CAMP

May 29 - Aug 17

**No camp July 4th!*

KOM day camp keeps school aged youth engaged & entertained in activities over summer.

EXPLORERZ DAY CAMP

Introduces youth who completed kindergarten-2nd grade to the fun activities & camp experience.

ADVENTURERZ DAY CAMP

Allows youth who completed 3rd-6th grade to take camp activities to the next level.

WHEN: Mon-Fri; 7A-5:30P

WHAT: Sport Shorts, Full STEAM Ahead, Lit is a Hit, Morning Motion, Park Play, Friday at the Movies, Swimming & more!

WHERE: Tiny Tots Room in the Rec Center.

LUNCH: KOM Participates in the Summer Food Service Program and provides free lunch for campers daily.

COST: Prepay cards (share w/siblings); \$25/day or \$170 for 10 days. \$25 supply fee per child due at registration. Snacks included.

REGISTRATION: Packets at front desk & are required for children BEFORE attending KOM.

FIELD TRIPS: KOM hits the road Wednesdays to explore Wyoming. Permission slips due MONDAY before each trip.

JUNIOR COUNSELOR: Available for youth who completed 7th & 8th grade who have modeled responsible behavior at camp previously. \$50/month. Call to set up an interview.

SCHOOL'S OUT, STAY SAFE

CREATING A SAFE PLACE FOR CODY'S YOUTH!

Staff offers activities to provide school age youth a fun & safe place during No School Days. Activities are from 10A - 12P in the gyms & 1P - 3P in the pools.

Most programs are offered FREE to members or a daily entrance fee for nonmembers.

Nonmembers can inquire at the Front Desk about donated guest passes for entry.

The Rec Center is closed holidays (see back cover for closures). Watch our Facebook page for more details on No School Day activities.

FOR MORE INFO:

Contact Youth Recreation Coordinator, Kym Quinn at kquinn@cityofcody.com or 307-527-3490/307-250-8362.

YOUTH CLASS DESCRIPTIONS

**Youth
Programs**
• 6 to 16



- **3RD & 4TH GRADE CODY YOUTH BASKETBALL - REGISTRATION DEADLINE JANUARY 2ND!** Coaches meeting January 9 at 6 P.
- **1ST & 2ND GRADE CODY YOUTH BASKETBALL - REGISTRATION DEADLINE FEBRUARY 6TH!** Coaches meeting February 12 at 6 P.
- **COMPETITIVE SWIM FEEDER PROGRAM** - An introduction to competitive swimming.
- **DRAW SQUAD** - Youth learn & refine drawing skills & new techniques with take home projects. Supply list provided at first class.
- **HOME SCHOOL IN THE POOL** - A fun swim and aquatic activity program for homeschoolers.
- **INTRO TO KAYAKING** - Youth in 5th through 12th grade learn basic fundamentals of kayaking, including strokes, directional control & water safety techniques.
- **MLB PITCH, HIT & RUN** - A FREE 1-day event for boys & girls ages 7 - 14 to practice their skills.
- **NBA ALL STAR NIGHT - NEW!** Enjoy an all star evening at the Rec Center! Kids 8 + participate in a three point, free throw and slam dunk contest followed by pizza, and hanging out in the pool to watch the NBA All Star events on the new scoreboard.
- **OPEN LACROSSE** - Try the fastest game on two feet. Equipment available if needed & no experience necessary.
- **SRD FREE SWIM LESSONS** - The Shoshone Recreation District provides FREE swim lessons for all 3rd graders this winter. Students are bused to the Rec Center after school for 8 days (M-TH) of lessons. Once lessons are over, kids are welcome to enjoy the Rec Center free of charge.
- **TEEN/ADULT DRAWING** - Learn & refine drawing skills & new techniques with take home projects.
- **TEEN/ADULT PAINTING** - Beginners & Intermediates learn painting skills & techniques with take home projects. Supply list provided at first class.
- **WILD WACKY WATERCOLORS** - Youth learn painting skills & techniques with take home projects. Supply list provided at first class.
- **YOUTH DODGEBALL LEAGUE - REGISTRATION DEADLINE JANUARY 15!**
- **YOUTH WIFFLEBALL LEAGUE- REGISTRATION DEADLINE FEBRUARY 26!**
- **YOUTH BOXING** - This non-contact fitness and boxing class will have youth learning basic boxing skills as well as improving their fitness level.



DID YOU KNOW?

Tiny Tots & ASAP programs have regular access to the pools, gyms and Park County Public Library.



DID YOU KNOW?

The top finishers in our MLB Pitch, Hit & Run event will have the opportunity to compete at the next level!

YOUTH AQUATIC, ATHLETIC & RECREATION PROGRAMS

Class Name	Age	Day	Session Start - End	No Class	Time Start - End	Location	Cost	Code
3rd & 4th Grade Cody Youth Basketball	3rd-4th Grade	Varies	Register by Jan 2; Games M - TH Jan 22 - Feb 22	---	Varies	Gyms	\$40 by Jan 2; \$60 After	120271-1
1st & 2nd Grade Cody Youth Basketball	1st - 2nd Grade	Varies	Register by Feb 5; Games M - TH Feb 26 - March 29	---	Varies	Gyms	\$40 by Feb 5; \$60 After	120270-1
Competitive Swim Feeder Program (min 2/max 20)	LTS Level 2 or PLTS Level 3	Tues & Thurs	Feb 6 - March 1 April 10 - May 3	---	5 - 5:45 P	Leisure & Main Pool	\$45	101201-1 101201-2
Draw Squad (min 1/max 10)	K - 6th Grade	Tuesdays	Feb 6 - 27 Mar 6 - 27 April 10 - May 1		4 - 5 P	Birthday Room	\$40/month	110270-2 thru 4
Home School in the Pool (min 1/max 60)	School Age	Thursdays	Feb 22 - May 10	April 5	1 - 3 P	Pools	\$45	101202-2
Intro To Kayaking	3rd - 12th Grade	1st & 3rd Wed	Jan 3 & 17 Feb 7 & 21 Mar 7 & 21 April 4 & 18 May 2 & 16		6 - 7:45 P	Pools	\$4/Class	---
MLB Pitch, Hit & Run	7 - 14 yrs	Friday	May 4	---	Register at 2:30 P; Event at 3 P	Glendale Park	FREE	---
NBA All Star Night - NEW!	8 yrs +	Saturday	February 17	---	5 - 9:30 P	Maroon Gym & Pools	\$3 Prepay; \$5 at door	160010-1
SRD Swim Lessons (3 min/15 max)	3rd Grade	Mon - Thurs	Sunset Jan 22 - Feb 1 Livingston Feb 5 - 15 Eastside/Wapiti March 12 - 22		3:40 - 4:15 P 4:15 - 4:45 P 3:40 - 4:15 P 4:15 - 4:45 P 3:40 - 4:15 P 4:15 - 4:45 P	Pools	FREE	600050-1 600050-2 600060-1 600060-2 600070-1 600070-2
Teen/Adult Drawing (min 1/max 10)	12 yrs +	Tuesdays	Feb 6 - 27 Mar 6 - 27 April 10 - May 1		5 - 6 P	Birthday Room	\$40/month	110370-2 thru 4
Teen/Adult Painting (min 1/max 10)	12 yrs +	Wednesdays	Feb 7 - 28 Mar 7 - 28 April 11 - May 2		5 - 6 P	Birthday Room	\$40/Month	110375-2 thru 4
Wild Wacky Watercolors (min 1/max 10)	K - 6th Grade	Wednesdays	Feb 7 - 28 Mar 7 - 28 April 11 - May 2		4 - 5 P	Birthday Room	\$40/Month	110271-2 thru 4
Youth Boxing	8 yrs +	Tues & Thurs	Feb 6 - March 1 March 6 - 29 April 10 - May 3	April 3 & 5	4 - 5 P	Multi-purpose Room	\$23 M; \$40 NM	110301-2 thru 4
Youth Coed Dodgeball League	3rd-5th 6th-8th	Mon & Wed	Register by Jan 15; Games Feb 5 - Mar 7	---	4 - 5 P	Gyms	\$40 by Jan 15; \$60 After	120274-1 120274-1
Youth Coed Wiffleball League	3rd-5th 6th-8th	Mon & Wed	Register by Feb 26; Games March 19 - April 25	---	4 - 5 P	Gyms	\$40 by Feb 26; \$60 After	120277-1 120277-2

YOUTH PROGRAMS

**Kindergarten+*

**Youth
Programs**
• 6 to 16



WATER FLOAT DAYS

Come splash in the pools with friends & family. Bring your own floaties or enjoy some of ours! FREE for members or a daily entrance fee for nonmembers. Call 307-587-DIVE for more info.

• JAN 19, 2 to 4 P • FEB 23, 2 to 4 P • MAR 16, 2 to 4 P • APRIL 2, 2 to 4 P • MAY 18, 2 to 4 P

OPEN LACROSSE

Come check out open lacrosse! No experience necessary. Equipment available to use on site.

WHEN: Fridays, Jan 5 through Feb 23; 6 - 8 P

WHERE: Recreation Center Gyms

COST: FREE to members; daily fee for nonmembers

Learn-to-Swim Lessons *American Red Cross*

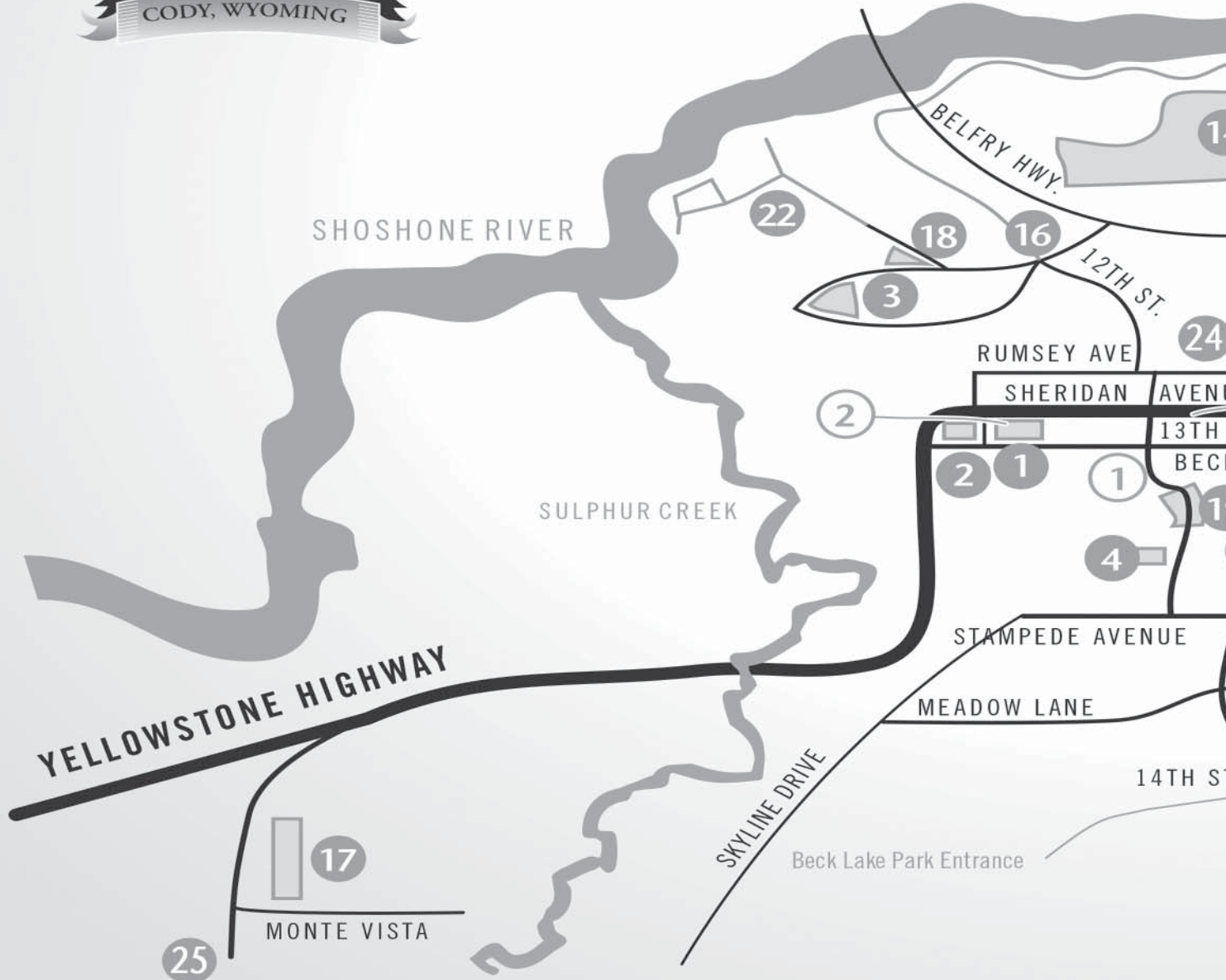
Swim Level	Ages	Days	Session Start - End	Time Start - End	Location	Cost	Code
Learn-to-Swim Level 1	6+	Tues & Thurs	Jan 2 - Feb 1	5:30 - 6 P 6 - 6:30 P	Leisure Pool	\$35	101211-1 101211-2
			Feb 27 - March 29	5:30 - 6 P 6 - 6:30 P			101221-1 101221-2
Learn-to-Swim Level 2	6+	Tues & Thurs	Jan 2 - Feb 1	5:30 - 6 P 6 - 6:30 P	Leisure Pool	\$35	101212-1 101212-2
			Feb 27 - March 29	5:30 - 6 P 6 - 6:30 P			101222-1 101222-2
Learn-to-Swim Level 3	6+	Tues & Thurs	Jan 2 - Feb 1	5:30 - 6 P 6 - 6:30 P	Leisure Pool	\$35	101213-1 101213-2
			Feb 27 - March 29	5:30 - 6 P 6 - 6:30 P			101223-1 101223-2
Learn-to-Swim Level 4	6+	Tues & Thurs	Jan 2 - Feb 1	5:30 - 6:15 P	Leisure Pool	\$40	101214-1
Learn-to-Swim Level 5/6	6+	Tues & Thurs	Feb 27 - March 29	5:30 - 6:15 P	Leisure Pool	\$40	101225-1

Please note that charter discounts do not apply to American Red Cross swim or safety classes

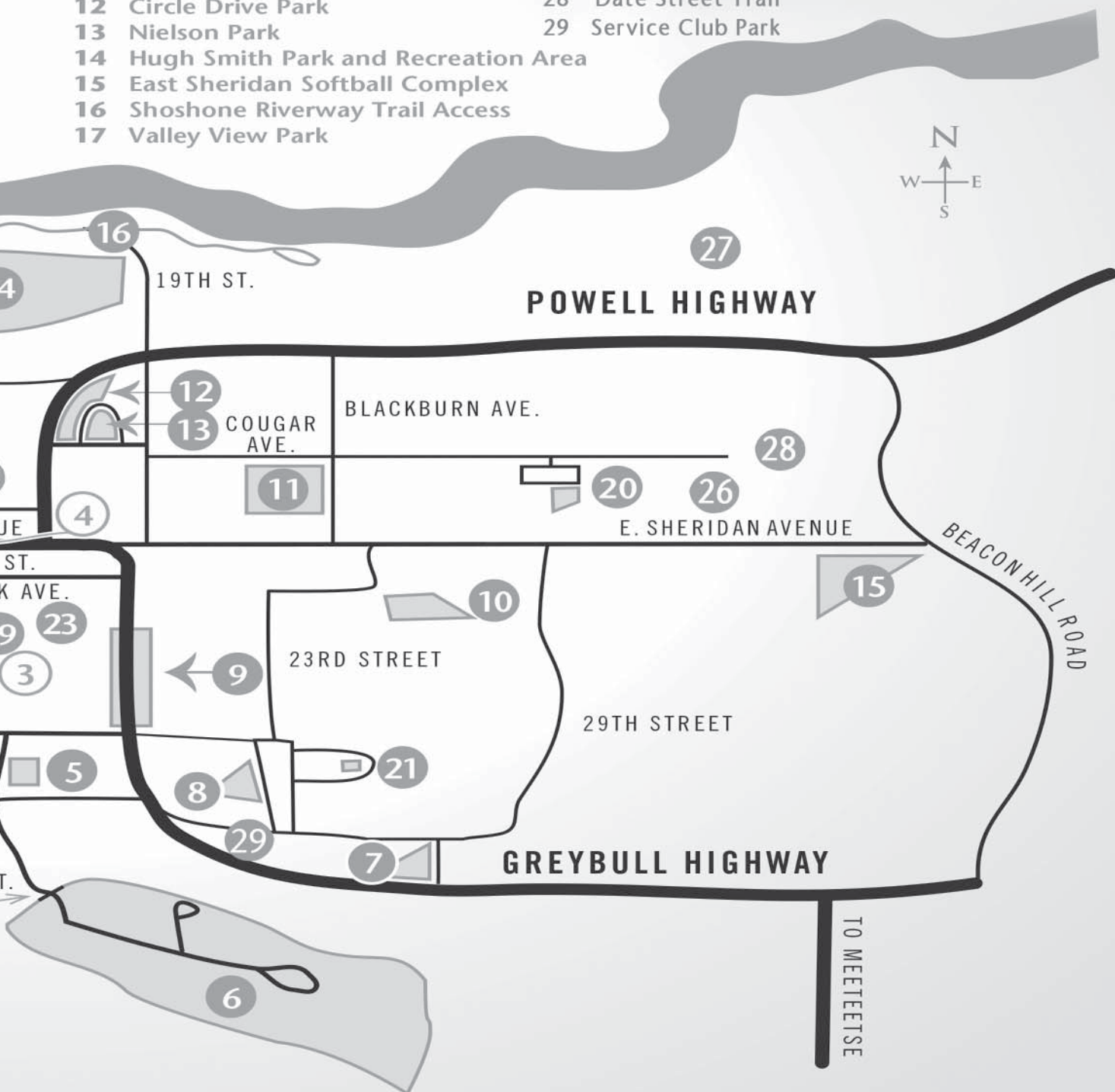
Map of Cody Parks & Public Facilities



- ① Cody Auditorium
- ② Miniature Golf Course
- ③ Paul Stock Aquatic and Recreation Center
- ④ Cody Main Street Restrooms



- | | |
|--|--------------------------------------|
| 1 City Park | 18 River View Park |
| 2 Paul Stock Park | 19 Heart Mountain Street Landscaping |
| 3 Don Little Park | 20 Ted Ebert Park |
| 4 Horseshoe Park | 21 Meadowbrook Park |
| 5 Glendale Park | 22 Paul Stock Nature Trail |
| 6 Beck Lake Park | 23 Canal Park |
| 7 State of WY Veterans Memorial Park | 24 Roger Sedam Pocket Park |
| 8 Dacken Park | 25 Chugwater |
| 9 Greybull Hill | 26 Holm View |
| 10 Dorse Miller Park | 27 Trail Head |
| 11 Mentock Park | 28 Date Street Trail |
| 12 Circle Drive Park | 29 Service Club Park |
| 13 Nielson Park | |
| 14 Hugh Smith Park and Recreation Area | |
| 15 East Sheridan Softball Complex | |
| 16 Shoshone Riverway Trail Access | |
| 17 Valley View Park | |



Special Events



ANNUAL FITNESS CHALLENGE

Start 2018 off on the right foot with the help of this annual fitness challenge sure to motivate you to move! Earn points for time spent exercising and the chance to win one of several exciting prizes. More details to come!

WHEN: January 1 - April 30, 2018

COST: \$20

CODE: 160399-1

NBA ALL STAR NIGHT

Join the Rec Center staff for some awesome action on the hard wood at our All Star evening! We will have three-point, free throw and hot shot competitions for kids, pizza & refreshments followed by fun in the pool on the King of the Mountain inflatable and viewing the NBA Slam Dunk Contest.

WHEN: Saturday, February 17
5 - 9:30 P

WHERE: Rec Center Gyms & Pool

COST: \$3 Pre-pay; \$5 at the door

CODE: 160010-1



ST. PATRICK'S DAY SHENANIGANS

Have a blast in the pool, dyed a festive green! Join staff for some St. Patty's Day adventures, including arts & crafts, swimming and more!

WHEN: Friday, March 16; 3 - 5 P

WHERE: Recreation Center Pools

COST: FREE to members; daily pass for nonmembers.

SPIN CODY

Take part in this super exciting event & get fit at the same time - all for a great cause! The West Park Hospital & Cody Rec Foundations are teaming up for a healthier community. Teams of up to ten riders will raise funds for both foundations and compete to see how far they can ride in an all-day cycle event! More details to come.

WHEN: Saturday, March 24; 9 A - 3 P

WHERE: Recreation Center Gyms

ELKS EGGSTRAVAGANZA & EGGLYMPICS

Join us for the 7th annual spring fun day sponsored by the Cody Elks Club - no yolking about it!

WHEN: Friday, March 30; 10 A - 2:30 P

10 to 11:30 A Aquatic Easter Egg Hunt, Pool

Deck Games, Crafts, Prizes & More! (Pools)

11:30 A to 12:30 P - Lunch provided by the Cody

Elks Club (Concessions) & Photos with the

Easter Bunny (Rec Hallway)

12:30 P to 2 P - Egglympics (Gyms)

COST: FREE!

MLB PITCH, HIT & RUN

Boys & Girls ages 7 to 14 are invited to take part in Major League Baseball's Pitch, Hit & Run competition.

WHEN: Friday, May 4

Register @ 2:30 P, Event @ 3 P

WHERE: Glendale Park

COST: FREE

ANNUAL PARENTS' DAY TEA

Mark your calendar & bring your friends to our annual Parents' Day Tea. This activity is FREE for all adults 60+. Enjoy yummy treats & live entertainment.

WHEN: Friday, May 11; 10:30 A

WHERE: Recreation Center Hallway

COST: FREE to all Seniors 60+

FIT 4 FUN

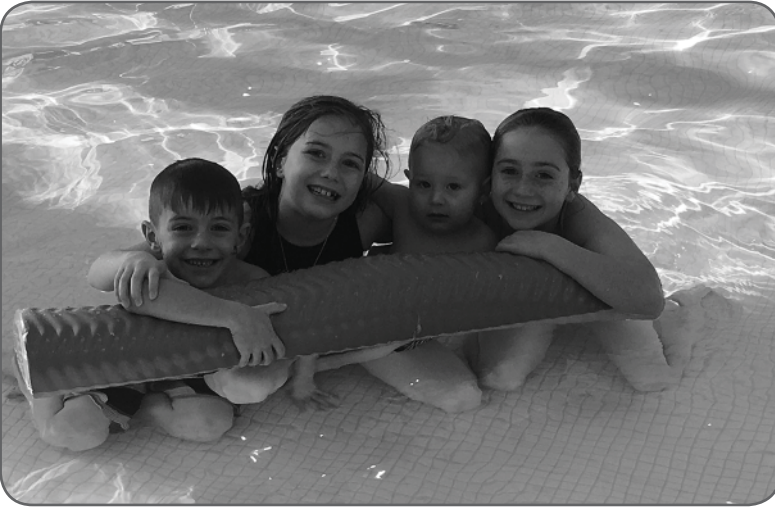
No matter your age, fitness should be a FUN life-long habit. Celebrate the last day of school with a variety of games, relays and more. The whole family is welcome! This event is cosponsored by West Park Hospital & Walmart.

WHEN: Wednesday, May 23

After school's dismissed for summer!

WHERE: Rec Center

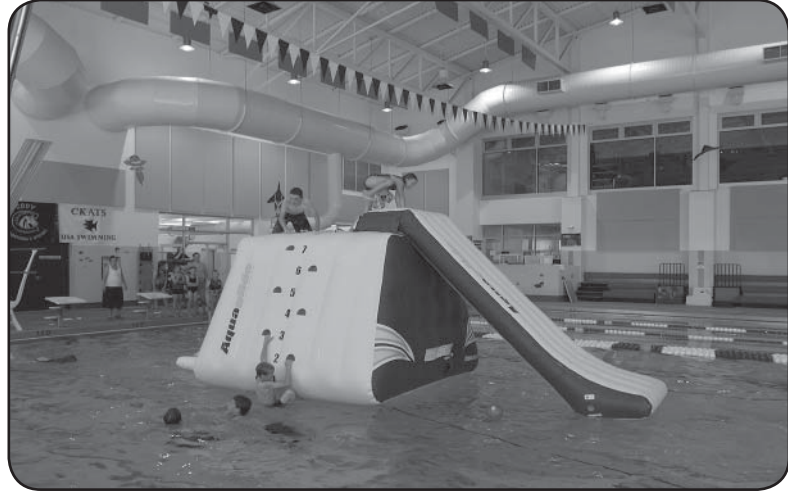
COST: FREE



DID YOU KNOW?

The Parks & Recreation Department books over 100 birthday party reservations a year.

Birthday Parties



BIRTHDAY PARTY PACKAGE ADD ON:
"King of the Mountain" Inflatable for 2 hour party for additional \$100/party.
 Call 307-527-DIVE for details.

BIRTHDAY PARTIES AT THE REC CENTER

Birthday party packages are based on a MAX OF 10 GUESTS FOR TWO HOURS. Additional fees will be assessed for more than 10 guests. Parents & siblings free. Full day facility admission included.

Parties may be scheduled at the following times ONLY:

FRIDAY ~ 2:30 to 4:30 P

SATURDAY ~ 10 A to Noon
(Toddler Pool Party)

12:30 to 2:30 P or 3 to 5 P

SUNDAY ~ 12:30 to 2:30 P or 3 to 5 P

Party reservations must be made ONE WEEK prior to the date of the party & the party must be paid for when the reservation is confirmed. A \$45 fee will be charged for late reservations.

Call 307-587-0400 or stop by the Rec Center for additional details.

PLEASE NOTE: A \$50 FEE WILL BE CHARGED FOR EXCESSIVE CLEAN UP.

1. BIRTHDAY BLOWOUT (\$85)

- Use of Birthday Party Room for 2 hours & full day admission to the Rec Center
- Birthday child's name on outside marquee
- Happy Birthday sign in reserved area
- Disposable camera (wet or dry)
- Basic party decorations; refreshments NOT included

2. BIRTHDAY BLOWOUT EXTRAVAGANZA (\$155)

- Use of Birthday Party Room for 2 hours & full day admission to the Rec Center
- 1/2 of leisure pool or 1 gym designated for your use along with exclusive toys
- Birthday child's name on outside marquee
- Happy Birthday sign in room
- Disposable camera (wet or dry)
- 3 Pizzas (Choice of single toppings)
- 3, 2-Liter sodas
- Birthday cake
- Decorations & tableware



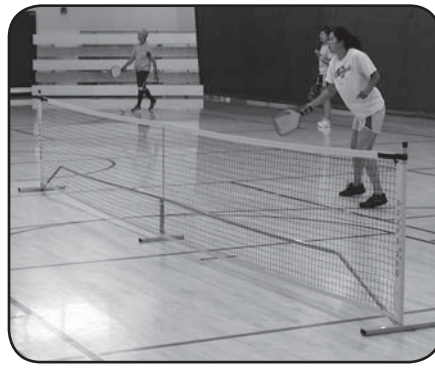
For more information about any adult sports leagues or programs, please contact Ryan Brown at rbrown@cityofcody.com or call 307-527-3488.
LEAGUES MAY BE CANCELLED IF MINIMUM ENROLLMENT IS NOT MET BY THE REGISTRATION DEADLINE.

ADULT AQUATIC, ATHLETIC & REC PROGRAMS

Class Name	Age	Day	Mtg Date	Session Start - End	Time Start - End	Location	Cost	Code
35 & Over 5 v. 5 Basketball League	35 +	Thursdays	Dec 27 6 P	January 4 - March 1	7 - 10 P	Maroon Gym	\$150/team	---
Coed Dodgeball NEW!	16 +	Wednesdays	March 19 6 P	March 21 - April 25	7 - 10 P	Maroon Gym	\$100/team	---
Coed Wiffleball	16 +	Wed & Sun	Jan 15 6 P	Jan 24 - Mar 18	Wed 6 - 9 P Sundays 12 - 4 P	Maroon & Blue Gyms	\$100/team	---
Coed Softball	16 +	Mondays	June 19 6 P	July 9 - Varies	Evening	East Sheridan Softball Complex	\$350/team	---
J BOW Archery Tag League- NEW! (min 4 teams/ max 10 teams)	16 +	Mondays	---	Jan 8 - Feb 26	7:15 - 10 P	Maroon Gym	\$400/team	---
Leisure Sports Tournament NEW!	18 +	Saturday	---	January 13	8 A - 10 P	Gyms & Bowling Alley	\$100/team	130300-1
Men's Softball	16 +	Mon & Wed	April 30 6 P	May 14 - June 27	Evening	East Sheridan Softball Complex	\$350/team	---
Open Kayaking	Adults	Wednesday	Jan 10, 24 Feb 14, 28 Mar 14, 28 April 11, 25 May 9, 23	---	6 - 7:45 P	Main Pool	\$4/Class	---
Open Scuba	Adults	Wednesday	Jan 17 Feb 14	---	6 - 7:45 P	Main Pool	\$4/Class	---
Pick Up Indoor Soccer	Middle School +	Thursdays	--	Oct 6 - March 29	7:45 - 9:45 P	Rec Center Gyms	Free/Daily Fee NM	--
Spring Women's Volleyball	16+	Monday	Feb 20 6 P	March 5 - Varies	Evening	Maroon & Blue Gyms	\$125/team	---
Teen/Adult Drawing (min 1/max 10)	12 +	Tuesdays	-	Feb 6 - 27 Mar 6 - 27 April 10 - May 1	5 - 6 P	Birthday Room	\$40/Month	110370-2 thru 4
Teen/Adult Painting (min 1/max 10)	12+	Wednesdays	-	Feb 7 - 28 Mar 7 - 28 April 11 - May 2	5 - 6 P	Birthday Room	\$40/Month	110375-2 thru 4

DID YOU KNOW?

- The Rec Center has open pickleball three mornings a week & equipment is available for free play if/when gym space allows.
- You can reserve racquetball courts in advance for racquetball, squash or wallyball.
- Open Kayak & SCUBA nights are great opportunities to get ready for outdoor pursuits.



Adult Programs 16+



- **35 & OVER 5 V. 5 BASKETBALL LEAGUE - ROSTERS DUE DECEMBER 26.** Manager's meeting Wednesday, December 27 at 6 P.
- **COED DODGEBALL - ROSTERS DUE MARCH 12.** Manager's meeting March 19 at 6 P. Teams are coed and should have at least 4 males & 3 females.
- **COED WIFFLEBALL - ROSTERS DUE JAN 8.** Manager's meeting January 15 at 6 P. Teams consist of six players.
- **COED SOFTBALL - ROSTERS DUE JUNE 11.** Manager's meeting June 19 at 6 P; play begins July 9.
- **MEN'S SOFTBALL - ROSTERS DUE APRIL 30.** Games played on Mondays & Wednesdays. Manager's meeting April 30 at 6 P; play begins May 14.
- **J BOW ARCHERY TAG LEAGUE - Teams of 5** battle it out dodgeball-style, but with bows and cushioned arrows.
- **LEISURE SPORTS TOURNAMENT - REGISTRATION DEADLINE JANUARY 10.** Teams of 4 compete in an all-day tournament of

Corn Hole, KanJam, Wallyball & Bowling at the Superbowl. Lunch provided. Prizes for 1st - 3rd place overall.

- **PICK UP INDOOR SOCCER -** Enjoy indoor play with a Futsal ball. Non-marking shoes required. *Play may be canceled due to gym availability.*
- **OPEN KAYAKING -** Keep paddling skills sharp. Kayakers should clean off boats BEFORE entering the pool.
- **SPRING WOMEN'S VOLLEYBALL - ROSTERS DUE FEBRUARY 12.** Manager's meeting Feb 20 at 6 P.
- **OPEN SCUBA -** Get ready for your next dive in the safety & warmth of our pool.
- **TEEN/ADULT DRAWING -** Learn & refine drawing skills & new techniques with take home projects. Supply list provided at first class.
- **TEEN/ADULT PAINTING -** Beginners & Intermediates learn painting skills & techniques with take home projects. Supply list provided at first class.



DID YOU KNOW?

The Rec Center has either a **FREE** or **FAMILY DAY** (entry is just \$5.50!) each month of the year! These are great opportunities to check out all amenities in the 75,000 + square foot facility. The Rec sees more than 150,000 visits annually and has nearly 4,000 members!



FITNESS CLASS DESCRIPTIONS



- **AI CHI** - Enjoy a combination of deep breathing and slow, broad movements in flowing patterns, which provides both exercise & relaxation.
- **BLENDER** - A combination of Pilates, barre & traditional strength training to tone the whole body.
- **BODY SCULPT** - Sculpt your body from head to toe in this full body toning class. **DROP-IN ONLY.**
- **BOXING 101** - This three-month class builds skills and physical fitness as you learn.
- **CYCLE CHALLENGE** - A high energy indoor cycling workout with hill climbs, sprints & intervals.
- **FIT & FUN SWIM SQUAD** - Our volunteer coach offers a friendly & fun aquatic training program for all swimming abilities.
- **FUSION CORE FITNESS** - Designed to increase strength, flexibility & balance using weight training along with Pilates & Yoga elements.

- **FUSION DANCE FITNESS** - Move to many different dance formats & music styles to keep things fresh for a full hour cardio burn.
- **LUNCH BOX VARIETY** - Maximize your results in minimum time with both cardio & strength elements.
- **MORNING MIX** - This class incorporates a variety of formats & equipment to keep the body challenged & the results coming.
- **WATER WORKOUT HOUR** - Volunteers lead exercises in this great low-impact class.
- **YOGA** - Build strength & flexibility through flowing movements & postures synchronized with the breath.

DID YOU KNOW?

The Rec offers more than 30 hours of fitness classes per week!



CYCLE CHALLENGE INDOOR CYCLING CLASSES (MIN 6/MAX 14)

Class Name	Age	Day	Session Start - End	No Class	Time Start - End	Location	Cost/Session	Code
Cycle Challenge	16+	M/W/F	Monthly Jan 3 - May 25	Jan 1 Feb 19	6 - 7 A	Cycling Room	\$28 M; \$45 NM	131353 - 1 thru 5
Cycle Challenge	16+	Mon/Wed	Monthly Jan 3 - April 25	Jan 1 Feb 19	5:30 - 6:30 P	Cycling Room	\$23 M; \$40 NM	131368 - 1 thru 4
Cycle Challenge	16+	Tues/Thurs	Monthly Jan 2 - April 26	---	6 - 7 A	Cycling Room	\$23 M; \$40 NM	131354 - 1 thru 4



FITNESS CLASS DROP-IN PASSES:

\$5 MEMBERS; \$8 NONMEMBERS

Passes may be purchased individually or in bulk at the Front Desk for any class IF space is available.

10 CLASS PUNCH CARDS:

\$40 MEMBERS; \$65 NONMEMBERS

Enjoy classes at your convenience. Sample a variety of classes when it best fits your schedule. Entry into class is available on a first-come basis. Signing up for a class is the **ONLY** way to insure your spot. Drop in and Punch Cards not valid for Boxing 101.

BE THE BEST POSSIBLE YOU! Our fitness staff provides innovative fitness programming for all levels, interests & abilities while meeting the most current industry trends & user interests. Class times & offerings may change due to instructor availability & public interest. Check with the Front Desk or contact the Fitness Coordinator, Kelly Serfas Bower, at kellyb@cityofcody.com or call 307-527-3487 for the most up-to-date schedule. Adult fitness class participants must be at least 16 years old unless otherwise noted.

**Adult
Fitness**
16+



ADULT FITNESS PROGRAMS

Class Name	Age	Day	Session Start - End	No Class	Time Start - End	Location	Cost/Session	Code
Ai Chi (min 1/max 8)	16 +	Mon/ Wed	Monthly Jan 3 - May 30	Jan 1 Feb 19	5:15 - 6 P	Therapy Pool	\$23 M; \$40 NM	101312- 1 thru 5
Blender (min 6/max 15)	16 +	Mon/ Wed	Monthly Jan 3 - May 30	Jan 1 Feb 19 May 28	8:30 - 9:30 A	MP Room	\$23 M; \$40 NM	131303- 1 thru 5
Body Sculpt (max 20)	16+	Saturday	Monthly Jan 6 - May 19	Jan 27	9 - 10 A	MP Room	Drop In/ Punch Card	---
Boxing 101 (min 6/max 16)	16 +	T/W/TH	Feb 6 - April 26	---	7 - 9 P	MP Room	\$90 M; \$120 NM	110302-1
Fusion Dance Fitness (min 6/max 20)	14 +	Mon/ Wed	Monthly Jan 3 - May 23	Jan 1 Feb 19 May 28	4:30 - 6 P	MP Room	\$23 M; \$40 NM	131302- 1 thru 5
Fusion Core Fitness (min 6/max 20)	16 +	Tues/ Thurs	Monthly Jan 2 - May 31	---	10 - 11 A	MP Room	\$23 M; \$40 NM	131305- 1 thru 5
Fit & Fun Swim Squad (max 20)	High School +	M/W/F	Monthly Jan 3 - May 30	Jan 1 Feb 19 May 28	6 - 8 A	Main Pool	Free/ Daily Fee NM	---
Interval Bootcamp	16 +	T/TH	Monthly Jan 2 - May 31	---	6 - 7 A	MP Room	\$23 M; \$40 NM	131313- 1 thru 5
Lunch Box Variety (min 6/max 20)	16 +	Mon-Fri	Monthly Jan 2 - May 31	Feb 19 May 28	12:15 - 12:45 P	MP Room, Gyms & Spectator Area	\$40 M; \$58 NM	131323- 1 thru 5
Morning Mix (min 6/max 20)	16+	M/T/W/ TH	Monthly Jan 2 - May 24	Jan 1 Feb 19 April 2-5 May 28	8:30 - 9:30 A	MP Room, Gyms & Spectator Area	\$40 M; \$58 NM	131327- 1 thru 5
Water Workout Hour	Adults	M/W/F	Monthly Jan 3 - May 30	Feb 19 May 28	6 - 7 A 11 A - 12 P	Main Pool	Free Members; \$40 NM	101313- 1 thru 10
Yoga	16+	Tues/ Thurs	Monthly Jan 2 - May 31	---	5:30 - 6:30 P	MP Room	\$23 M; \$40 NM	131350- 1 thru 5

DID YOU KNOW?

Members and nonmembers can try their first fitness class for FREE! Find one you love? Sign up for the full month, or drop in at your convenience.

DID YOU KNOW?

You can take classes for Northwest College credit! Many of our fitness classes are cross-listed with NWC!



PERSONAL TRAINING

For more information on any of our Personal Training Services, please contact our Fitness Coordinator, Kelly Serfas Bower, at kellyb@cityofcody.com or call 307-527-3487.

CHARTER DISCOUNTS DO NOT APPLY TO PERSONAL TRAINING OR NUTRITION SERVICES!

PERSONAL TRAINING

Take your fitness to the next level with programming designed specifically for your unique goals. Want to lose weight? Hoping to gain strength? Or want to improve your heart health or body composition? Our three qualified & certified personal trainers can help you see results & meet your goals! For more details, visit with Front Desk staff or contact our Fitness Coordinator, Kelly Serfas Bower, at 307-527-3487.

ONE-ON-ONE SESSIONS			
ONE HOUR	4X PACKAGE	8X PACKAGE	12X PACKAGE
Members	\$140	\$266	\$399
Nonmembers	\$180	\$342	\$513
HALF HOUR	4X PACKAGE	8X PACKAGE	12X PACKAGE
Members	\$80	\$152	\$228
Nonmembers	\$120	\$228	\$342
GROUP SESSIONS			
ONE HOUR	4X PACKAGE	8X PACKAGE	12X PACKAGE
Members	\$210	\$399	\$599
Nonmembers	\$280	\$532	\$798

** Groups are two to three people with similar training goals.*

MEET OUR TRAINERS & REGISTERED DIETICIAN

Our highly qualified & well educated personal trainers hold some of the premier certifications in the fitness industry & have valuable experience working with clients of all levels & abilities. Our new Nutritional Counseling Services are a perfect compliment to striving toward your fitness goals!



Rinda Eastman



Amy Jones



Lucas Krubeck



Heather Brinkerhoff, RD

WELLNESS SERVICES & SENIOR PROGRAMS

For more information on any of our Wellness Services or Senior Programs, please contact our Fitness Coordinator, Kelly Serfas Bower, at kellyb@cityofcody.com or call 307-527-3487.

Wellness
& Senior
Programs



NUTRITION SERVICES

A brand new offering from the Cody Rec Center & Registered Dietician
Heather Brinkerhoff!

ONE-ON-ONE NUTRITION COUNSELING

Members ~ \$25/30 minute session
Nonmembers ~ \$30/30 minute session

NUTRITION COUNSELING PACKAGE

Three sessions; a one hour assessment & two 30 minute follow up sessions
Members ~ \$80
Nonmembers ~ \$100

3 MONTH LIFESTYLE PACKAGE

One 30 minute session/week for 3 months; includes weekly eating plans, one grocery shopping tour, physical activity plan & monthly physical assessments.
Members ~ \$400
Nonmembers ~ \$450

TANITA BODY COMPOSITION ANALYZER

Gain the information you need to optimize your health with the Recreation Center's Tanita Body Composition Analyzer. The noninvasive test provides invaluable information about your health, including body fat percentage, Body Mass Index (BMI), Basal Metabolic Rate (BMR) & much more. Schedule an appointment today with our Fitness Coordinator, Kelly Serfas Bower. Call 307-527-3487 for more information. Purchase individual tests or buy a Punch Card for 3 tests & get the 4th test FREE!

<u>Single Test:</u>	\$10 Members \$15 Nonmembers
<u>4 Test Punch Card:</u>	\$30 Members \$45 Nonmembers

NEW CLASS!

MAKE EVERY DAY YOUR BEST

STRENGTHENING YOUR BODY & MIND THROUGH FUNCTIONAL MOVEMENT AND PROFESSIONAL LIFE COACHING.

Science has proven that bringing mindfulness - awareness without judgement - to our every day activities can improve health & quality of life. Pair that with exercises designed to strengthen your core, and you've got a recipe for making every day be your best.

WHEN: Wednesdays, Jan 24 - Feb 21
Noon - 1 P

WHERE: Rec Center Multipurpose Room
COST: \$65
CODE: 131390-1

ANNUAL PARENTS' DAY TEA

Mark your calendar & bring your friends to our annual Holiday Senior Brunch. This activity is FREE for all adults 60+. Enjoy treats & live entertainment, too.

WHEN: Friday, May 11; 10:30 A
WHERE: Recreation Center Hallway
COST: FREE to all Seniors 60+

WYOMING HEALTH FAIRS MONTHLY BLOOD DRAW

Are you looking for more information about the state of your health? Wyoming Health Fairs offers monthly blood draws including a wide variety of tests (complete blood chemistry profile, prostate cancer screening, health risk assessments & more). No appointment necessary although some tests require fasting. Call 307-587-0400 or visit wyominghealthfairs.com for more details.

WHEN: 2nd Wednesday/Month; 7 to 10 A
JAN 10, FEB 14, MAR 14, APRIL 11, MAY 9
WHERE: Recreation Center
COST: Varies Depending on Tests



SAFETY & FIRST AID PROGRAMS

Charter discounts do NOT apply to these American Red Cross classes. For more information on these classes, please contact Aquatic staff at 307-527-DIVE or e-mail jennip@cityofcody.com.

"Safety isn't expensive, its priceless." ~Author Unknown

SAFETY & FIRST AID PROGRAMS AMERICAN RED CROSS

Class Name	Age	Day	Registration Deadline	Date	Time Start - End	Cost	Location	Code
Adult & Pediatric First Aid/CPR/AED Blended Learning (min 6/max 12)	---	Tuesday	Jan 12 Feb 16 March 16 April 13 May 11	Jan 16 Feb 20 March 20 April 17 May 15	6 - 8 P	\$90	Online & Conference Room for Skills Session	180015-1 180015-2 180015-3 180015-4 180015-5
Basic Babysitting Training (min 6/max 16)	11 - 15	Wed/ Thurs/Fri	May 25	May 30 - June 1	10 A - 3 P	\$55; \$65 after deadline	Conference Room	180102-1
Jr. Lifeguarding (min 4/max 10)	11 - 14	Mon - Fri	June 8	June 11 - 15	10 A - 3 P	\$45	Wet Classroom & Pools	180219-1
Water Safety Instructor (min 4/max 10)	16 +	Mon - Fri	June 1	June 4 - 8	8 A - 5 P	\$140	Wet Classroom & Pools	180016-1
Professional Lifeguarding (min 4/max 10)	15 +	Mon - Fri	June 8	June 11 - 15	8 A - 5 P	\$140	Wet Classroom & Pools	180018-1

- **ADULT & PEDIATRIC FIRST AID/CPR/AED** - Recognize & care for a variety of First Aid & cardiac emergencies. Certificate is valid for two years.
- **BASIC BABYSITTING TRAINING** - Created for both young babysitters & seasoned childcare professionals, our best-in-class training gives the opportunity to sharpen skills and become a safe, reliable babysitter.
- **JR LIFEGUARDING** - This class is designed to build a foundation of knowledge, attitude and skills. Course does NOT include First Aid/CPR certification.
- **WATER SAFETY INSTRUCTOR CLASS** - Proficient swimmers 16 and up can enhance knowledge of swimming skills in order to teach a variety of Red Cross swimming classes.
- **PROFESSIONAL LIFEGUARDING** - Learn team work, rescue & surveillance skills, First Aid, CPR & AED & other skills needed to work as a lifeguard.

DID YOU KNOW?

The Therapy Pool has an underwater treadmill.

CLASSES UPON REQUEST

Interested in a specialty First Aid class? We have many classes available upon request, including Wilderness First Aid! Many of these classes require a minimum enrollment. Call 307-527-DIVE for additional information.





COMMUNITY SPECIAL ACTIVITY GROUPS

4-H

Extension Office 527-8560

ABSAROKA FIGURE SKATING CLUB

Sarah Mathuin 406-850-3747

AMERICAN LEGION BASEBALL

Ryan Brown 250-2372

BIG BROTHERS BIG SISTERS

Tess Mitchell 754-3338

BOY SCOUTS

Andrew Allgeier 307-699-1064

CITY PARK MINI GOLF

Office 213-5179

CODY ARCHERY CLUB

Mark Kiple 250-5814

CODY COUNCIL ON AGING

Front Office 587-6221

CODY GIRLS SOFTBALL

Stacy Kondelis 250-7792

CODY KOUNTRY AQUATIC TEAM

Amber Boysen 272-3197

CODY USA WRESTLING CLUB

Nicole Baggs 899-4254

CODY VOLLEYBALL CLUB

Lisa Young 899-3988

CODY WILD WEST RIVER FEST

Andy Quick 587-4659

CODY YOUTH BASEBALL

Tanner Beemer 272-1850

CODY YOUTH BOWLING

Pennie Morgan 587-5310

CODY YOUTH FOOTBALL

Ryan Brown 250-2372

CODY JUNIOR RODEO

Melanie Ellis 527-5577

GIRL SCOUTS OF WYOMING & MONT.

Main Office 800-736-5243

HEART MOUNTAIN ROLLER DERBY

Heather Rhodes 899-0896

HUNTER SAFETY

WY Game & Fish 527-7125

JUNIOR LITTLE LEAGUE

Ryan Brown 250-2372

PARK COUNTY ARTS COUNCIL

Steve Schrepferman 899-6693

PARK CO. NORDIC SKI ASSOCIATION

Ann Anderson 587-3773

PARK COUNTY PEDALERS

John Gallagher 272-2953

PARK COUNTY YOUTH CYCLING

Werner Noesner 272-3909

PARK COUNTY YOUTH HOCKEY

Errell Beaudry 254-0144

RILEY ICE ARENA

Office 587-1681

SLEEPING GIANT SKI AREA

Office 587-3125

WILD WEST PADDLE CLUB

Andy Quick 587-4659

YELLOWSTONE DIVERS

Paul Brock 899-7719

YELLOWSTONE FIRE SOCCER

Yvonne Dewey 272-5851



CITY OF CODY GOVERNING BODY

City Administrator: Barry Cook

Mayor: Matt Hall

City Council Members:
Donny Anderson, Karen Ballinger, Jerry Fritz, Landon Greer, Glenn Nielson & Stan Wolz



CITY OF CODY
WYOMING

PARKS, RECREATION & PUBLIC FACILITIES STAFF

Director: Rick Manchester;

rickm@cityofcody.com

Administrative Secretary: Jolene Selk;

jo@cityofcody.com

Aquatic Supervisor: Jenni Phillips;

jennip@cityofcody.com

Aquatic Coordinator: Suzanne Palmer;

suzannep@cityofcody.com

Parks Supervisor: Eric Asay;

easay@cityofcody.com

Parks Maintenance Workers: Monte Bales, Mike Daems, Tim Latham & Gary Wheeler

Recreation & Public Facilities

Superintendent: Mike Fink;

mfink@cityofcody.com

Facilities Maintenance Workers: Mike Creech, Mark Curless, Janice Grush, Betty Mora & Dale VanDusen

Athletic Coordinator: Ryan Brown;

rbrown@cityofcody.com

Fitness Coordinator: Kelly Serfas Bower;

kellyb@cityofcody.com

Youth Coordinator: Kymberli Quinn;

kquinn@cityofcody.com

Tiny Tots Instructor: Debbie Cottonware;

dcottonware@cityofcody.com

Recreation Assistant: Kayla Rivers;

krivers@cityofcody.com

Accounting Technician: Cindy Vaughn;

cindyv@cityofcody.com

Customer Service Specialist: Jessica

Reesy; jreesy@cityofcody.com

Office Assistants: Alexa Bowen, Kevin Johnson, Mackenzie Michaels, Noreen Schoonover, Karla Scovel, Greg Warner & Robin Wheeler

DID YOU KNOW?

The Public Facilities Department is responsible for maintaining several city buildings, including the Nichol Mall, Senior Center, Chamber of Commerce, Art League & Cody Cupboard.

SHOSHONE RECREATION DISTRICT

Board of Directors:

Melissa Allen, Scott Aune, Sarah Mikesell Growney, Dan Haman, Tony Hult, Jacob Ivanoff, Tom Keegan, Dossie Overfield, Alan Rosenbaum, Rick Stonehouse & Stan Wolz



DID YOU KNOW?

More than 9,000 flowers are produced annually in the Parks Department greenhouse at Beck Lake Park. Cody's 20 + parks have 50 irrigation systems and require more than 1,000 pounds of fertilizer.

FOR MORE INFO:

Stay up to date with all the Parks, Recreation & Public Facilities happenings by subscribing to the Cody Rec Connect Newsletter at www.cityofcody-wy.gov. Watch for monthly calendar ads in the Cody Enterprise & find us on Facebook!



DID YOU KNOW?

In addition to a busy schedule of fitness classes, the Rec Center can help you reach your fitness & health goals with the help of our highly qualified & experienced personal trainers and NEW Nutritional Services. All classes, personal training & nutrition services are available to both members and nonmembers!

Fitness Classes at a Glance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 to 7 A Cycle Challenge Linda	6 to 7 A Cycle Challenge Roy	6 to 7 A Cycle Challenge Kristen	6 to 7 A Cycle Challenge Roy	6 to 7 A Cycle Challenge Kelly	
6 to 7 A Water Workout Hour		6 to 7 A Water Workout Hour		6 to 7 A Water Workout Hour	
6 to 8 A Fit & Fun Swim Squad Volunteer Coach	6 to 7 A Interval Boot Camp Emily	6 to 8 A Fit & Fun Swim Squad Volunteer Coach	6 to 7 A Interval Boot Camp Emily	6 to 8 A Fit & Fun Swim Squad Volunteer Coach	
8:30 to 9:30 A Blender Kelly	8:30 to 9:30 A Morning Mix Tiffin	8:30 to 9:30 A Blender Kelly	8:30 to 9:30 A Morning Mix Tiffin		9 to 10 A Body Sculpt Lori
8:30 to 9:30 A Morning Mix Tiffin		8:30 to 9:30 A Morning Mix Tiffin			
	10 to 11 A Fusion Core Fitness Tiffani		10 to 11 A Fusion Core Fitness Tiffani		
11 A to 12 P Water Workout Hour		11 A to 12 P Water Workout Hour		11 A to 12 P Water Workout Hour	
12:15 to 12:45 P Lunch Box Variety Kelly	12:15 to 12:45 P Lunch Box Variety Kelly	12:15 to 12:45 P Lunch Box Variety Kelly	12:15 to 12:45 P Lunch Box Variety Kelly	12:15 to 12:45 P Lunch Box Variety Kelly	
4:30 to 6 P Fusion Dance Fitness Tiffani		4:30 to 6 P Fusion Dance Fitness Tiffani			
5:15 to 6 P Ai Chi Amy		5:15 to 6 P Ai Chi Amy			
5:30 to 6:30 P Cycle Challenge Mike	5:30 to 6:30 P Yoga Kevin	5:30 to 6:30 P Cycle Challenge Emily	5:30 to 6:30 P Yoga Kevin		
	7 to 9 P Boxing 101 Steve	7 to 9 P Boxing 101 Steve	7 to 9 P Boxing 101 Steve		



Find us on:
facebook®



RECREATION CENTER FACILITY HOURS

Effective Labor Day through Memorial Day

MONDAY to THURSDAY

5:30 AM to 10 PM

(Pool Hours 5:30 AM to 8 PM; FEATURES ON AT 4 PM;
No SCHOOL DAYS FEATURES ON AT 1 PM)

SATURDAY

8 AM to 6 PM

(Pool Hours 10 AM to Noon NO FEATURES;
Noon to 5:45 PM WITH FEATURES)

FRIDAY

5:30 AM to 8 PM

(Pool Hours 5:30 AM to 7:45 PM; FEATURES ON AT 2 PM;
No SCHOOL DAYS FEATURES ON AT 1 PM)

SUNDAY

Noon to 6 PM

(Pool Hours Noon to 5:45 PM WITH FEATURES)

HOLIDAY SCHEDULE & CLOSURES

FACILITY CLOSURES

- DECEMBER 25 - CHRISTMAS DAY
- JANUARY 1 - NEW YEARS DAY
- FEBRUARY 19 - PRESIDENTS DAY
 - APRIL 1 - EASTER
- MAY 28 - MEMORIAL DAY

MODIFIED HOURS

- DECEMBER 24 - CHRISTMAS EVE
FACILITY OPEN NOON TO 3 P
- DECEMBER 31 - NEW YEARS EVE
FACILITY OPEN NOON TO 3 P

FREE & FAMILY DAYS

FREE DAYS

- DECEMBER 23
- FEBRUARY 3
- APRIL 7
- JUNE 2

FAMILY DAYS

FAMILIES ENTER FOR JUST \$5.50!

- JANUARY 6
- MARCH 10
- MAY 5